



**NORTH ALBANY
MIDDLE SCHOOL
SEPTEMBER MENU**



DAILY SPECIALS

**Grab & Go
Sandwiches, Wraps & Salads**



**Sandwiches are served on a WG Sub Roll & Wraps are served on a WG Tortilla.*

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| 9/2 Labor Day No SCHOOL | 9/3 WELCOME BACK! Korean BBQ Meatballs w/ Rice | 9/4 Chili Cheese Dog w/ French Fries | 9/5 Italian Meatball Sub w/ Caesar Side Salad | 9/6 Crunchy (Fritos) Beef Burrito w/ Fiesta Corn |
| 9/9 Breakfast for Lunch: Ham Breakfast Bowl w/ Toast | 9/10 Chili Frito Pie w/ Garden Side Salad | 9/11 Tater Tot Casserole w/ Roll & Caesar Side Salad | 9/12 Chicken Potato Bowl w/ Roll | 9/13 Flamin' Hot Cheeto Macaroni & Cheese w/ Broccoli |
| 9/16 Beef Tot'chos w/ Roll | 9/17 Baja Fish Tacos w/ Mexi Slaw | 9/18 Chicken Taquitos w/ Fiesta Corn | 9/19 Chicken & Waffle w/ Fruit Compote | 9/20 Flamin' Hot Cheeto Chicken Pizza w/ Caesar Side Salad |
| 9/23 Pork Street Tacos w/ Cilantro Lime Rice | 9/24 Loaded Bacon & Cheese Fries w/ Roll | 9/25 Pork Pozole w/ Tortilla Chips & Chipotle Cole Slaw | 9/26 Ramen Chicken w/ Marinated Cucumbers | 9/27 Nuclear Chicken Burger w/ Tater Tots |



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables in an inviting variety of
Locally Grown items which are offered whenever seasonally available!
Low Fat or Fat Free Milk included with all meals



EVERYDAY CHOICES

**Beef, Chicken or Cheese Nachos
Beef, Chicken or Cheese Tacos**

**Served with Refried Beans & a trip through the THRIVE Garden Bar.*



EVERYDAY CHOICES

**Hamburger or Cheeseburger
Regular or Spicy Chicken Burger**

**Served on a WW bun with French Fries (T/TH) or
Tater Tots (M/W/F) & a trip through the THRIVE Garden Bar.*



EVERYDAY CHOICES

Cheese, Pepperoni & Daily Special Pizzas

**All pizzas feature low fat cheese, low sodium sauce & whole grain crusts.*

BREAKFAST MENU

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|------------------------------|--------------------------------|---|---|---------------------------------------|--------------------------|
| Sept. 2nd - 6th | Labor Day No SCHOOL | Pizza Bagel | Ham & Egg Breakfast Bowl | Breakfast Burrito | Cinnamon Roll |
| Sept. 9th - 13th | Breakfast on a Stick | Apple Frudel Strudel | Cinnamon Breakfast Round | Pancakes w/ Syrup | Banana Muffin Top |
| Sept. 16th - 20th | Breakfast Pizza | Pancake Bites | Biscuit & Sausage Gravy | Ham & Cheese Frittata | French Toast |
| Sept. 23rd - 27th | Waffles w/ Syrup | Oatmeal Chocolate Chip Breakfast Round | Crunch Wrap | Build Your Own Oatmeal Bar | Cinnamon Roll |

EVERYDAY CHOICES

**Ham & Cheese or Egg & Cheese English Muffin Breakfast Sandwich
Assorted Cereal & Oatmeal w/ Toast Bagel w/ Cream Cheese **All Breakfasts include Fruit & Milk.**

This institution is an equal opportunity provider.